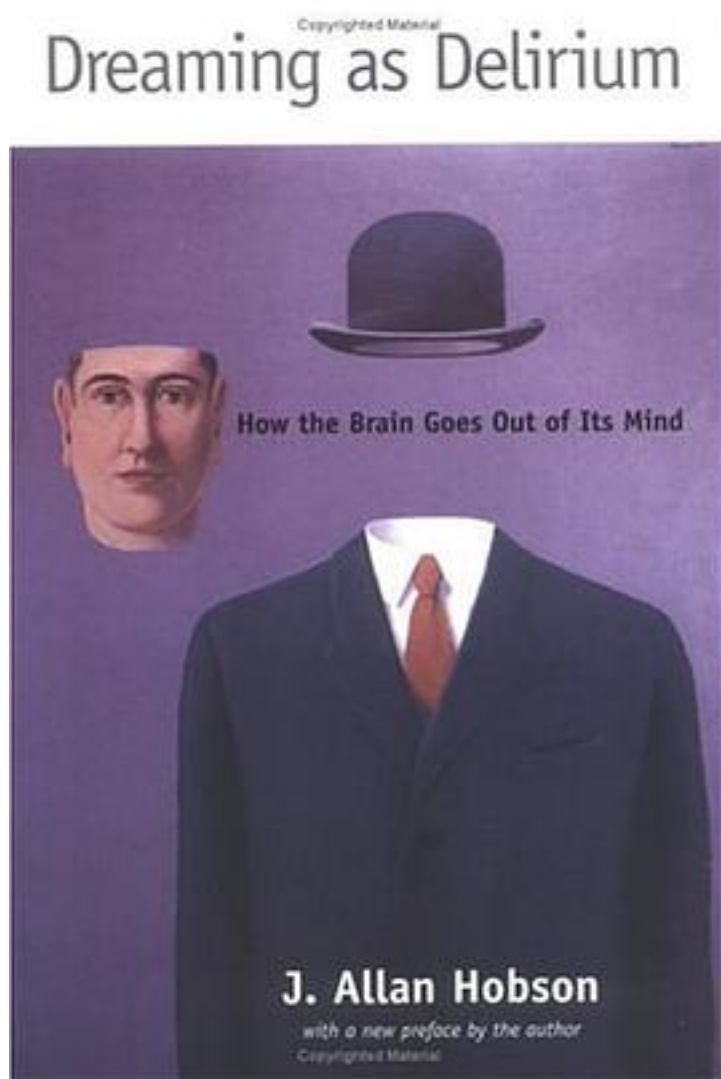


Dreaming as Delirium



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著者:J. Allan Hobson

出版者:The MIT Press

出版时间:1999-11-12

装帧:Paperback

isbn:9780262581790

with a new foreword by the author In this book J. Allan Hobson sets out a compelling--and controversial--theory of consciousness. Our brain-mind, as he calls it, is not a fixed identity but a dynamic balancing act between the chemical systems that regulate waking and dreaming. Drawing on his work both as a sleep researcher and as a psychiatrist, Hobson looks in particular at the strikingly similar chemical characteristics of the states of dreaming and psychosis. His underlying theme is that the form of our thoughts, emotions, dreams, and memories derive from specific nerve cells and electrochemical impulses described by neuroscientists. Among the questions Hobson explores are: What are dreams? Do they have any hidden meaning, or are they simply emotionally salient images whose peculiar narrative structure reflects the unique neurophysiology of sleep? And what is the relationship between the delirium of our dream life and psychosis?Originally published by Little, Brown under the title The Chemistry of Conscious States.

作者介绍:

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评论

这本书改编自Hobson的论文（1996） Dreaming as delirium: a mental status analysis of our nightly madness.

几页论文就能说完的事情，非要灌水灌出一本书！虽然我喜欢看他打弗洛伊德和心理分析派的脸，但是我觉得dreaming model和精神分裂model还是不能比，因为前者的reportability有一定限制：睡前无法预测，睡醒后才能报告。

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书评

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